



FARMERS
BRANCH

Farmers Branch Senior Center

PROGRAMS AND ACTIVITIES

Dance

Line Dance –Intermediate	Wednesday	10:00 am
Lo Beginner Line Dance	Tuesdays	12:30 pm
Hi Beginner Line Dance	Tuesdays	2:00 pm
*Dixie Chainers Round Dance	Tuesdays	5:30 pm
*Dixie Chainers Square Dance	Tuesdays	7:00 pm
	2nd & 4th Sat.	7:00 pm
Intermediate Clogging	Fridays	9:30 am
*Monday Night Dance	Mondays	7-9:20 pm

Health

BP & Glucose Screens <i>Not held in July, August & September</i>	2 nd Mon	8:30 am
*B 12 Shots	1 st Thurs	9-9:30 am
*Chair Massage	Schedule Appointment	

Games

*BINGO	Wednesdays	1:00 pm
*Sat Night BINGO	2 nd & 4 th Sat	7:00 pm
Bridge Lessons-Beginning	Thursdays	9:30 am
Bridge Lessons-Intermediate	Tuesdays	10:00 am
Bridge-Duplicate	Mondays	9:30 am
Bridge-Duplicate	2nd & 4th Wed	1:00 pm
Bridge-Party	Tuesdays	12:30 pm
Chair Volleyball-Open Play <i>*not on Spud & Show Day</i>	Tuesdays	11:00 am
Chair Volleyball-Team Practice Only	Thursdays	10:00 am
Cribbage	Tuesdays	9:00 am
Dominoes & 42	Weekdays	12:30 pm
Five Crown	Wednesdays	10:00 am
Mah Jongg	Mon Tues	12:30pm
Squares Card Game	Thursdays	1:30 pm
Table Games	Week days	1:00 pm
Table Tennis	Wed & Fri	2:30 pm
Beginner Table Tennis Lessons	Wednesdays	9:00 am
Texas Hold 'em	3 rd Thursday	1:00 pm

Hours

Monday – Wednesday	8:00 am – 8:45 pm
Thursday – Friday	8:00 am – 5:00 pm
Saturdays 1 st , 3 rd & 5 th	1:00 am – 5:00 pm
Saturdays 2 nd & 4 th	1:00 am – 9:30 pm

* Denotes a fee - Check for prices on the back.

Groups

Alzheimers Support Group	1 st Tues	6:30 pm
*Cookin' Club	2 nd Wed	10:30 am
Garden Group	3 rd Wed	10:00 am
Neglected History	Fridays	9:30 am
Random Acts of Kindness	2 nd Thurs	10:00 am
Rock & Mineral Club	4th Thurs	10:00 am
Shared Moments	Mondays	10:15 am

Exercise

Power Walking	Tues & Fri	8:15 am
Stretch & Flex	Tuesdays	3:00 pm
Stretch & Strength	Mondays	8:15 am
Strong & Balanced	Tuesdays	10:00 am
	Thursdays	3:00 pm
Thinkabilities	Mondays	9:15 am
Yoga	Tues & Fri	9:00 am
Fitness Equipment Orientation <i>Must schedule 24 hours in advance</i>	Tuesdays	11:00 am

Miscellaneous

*AARP Safe Driving Class	4 th Thursday 8:30am-12:30 pm	
*Birthday Lunch	3 rd Wed of month	12:00 pm
Book Exchange	Drop off or pick up books any day	
*Computer Classes	Check class listing at the desk	
*Cruisin Cuisine	3 rd Thursday	11:00 am
*Genealogy Trip	4 th Tuesday	9:30 am
*Monthly Breakfast	1 st Monday	8:15 am
Mountain Dulcimer	Wednesdays	10:00 am
*Special Events	Check the calendar for information	
*Spud & Show	Check schedule at the desk	
*Trips	Posted every Friday at noon	
Wii Bowling League	Check schedule at the desk	

Arts & Crafts

Painting Group	Mondays	2:00 pm
*Greeting Card Class	2nd Tues	1:00 pm
Instructional Quilting	Thursdays	1:00 pm
Quilting Group	Fridays	10:00 am
Evening Craft Group	Tuesdays	5 - 8 pm
*Specialty Crafts	Check calendar for information	

For more info: www.fbseiorcenter.com

PROGRAM FEES

AARP Safe Driving Course	\$15 for AARP members \$20 for non members
B 12 Shots	\$20
BINGO	\$1 per card/3 card limit.
Chair Massage	\$7/10 minutes, \$14/20 minutes
Computer Classes	\$5 - \$35 per person for course.
Cookin' Club	Supply fee based upon attendance.
Crafts	Supply fee based on class.
Cruisin' Cuisine	\$3
Dixie Chainers Square & Round Dance	Contact the Front Desk for more info.
Genealogy Transportation	\$10 for 10 round trips (\$10 punch card)
Monday Night Dance	\$5
Monthly Breakfast	\$2
Monthly Birthday Lunch	\$2 - free if it's your birthday month.
Special Events	Check at the desk for prices.
Spud & A Show	\$2 for the baked potato & fixin's.
Trips	Check at the desk for information.

If you have any questions or suggestions, please contact us at 972-919-8740.

Farmers Branch Senior Center
14055 Dennis Lane
Farmers Branch, TX 75234
www.fbseniorcenter.com